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# Greens attacked as ‘anti-feminist’

ELECTION 2015

## Criticism leads to party taking a new look at its platform

Jessica Smith Cross
Metro | Toronto

The Green Party is changing part of its platform after receiving criticism that it’s inaccurate.

As Green Party Leader Elizabeth May was promoting her willingness to participate in a debate on women’s issues Tuesday, online critics attacked a section of her platform as harmful to women.

They noted, for example, it does not refer to domestic violence, aside from claiming that “false allegations” are common.

By the end of the day, the party had committed to changing the things people found offensive.

Julian Morelli, the party’s communications director, said he’s thankful the problems were brought to light.

“It’s fair to say those specific areas are under review, big time,” he told Metro.

Heather Hansen, a Toronto specialist in family law, reviewed the platform for Metro and said it’s “extremely troubling.”


metro COVERAGE INSIDE

More on the election and economy, page 4


It calls for an overhaul of the Divorce Act, and includes some rhetoric that just isn’t accurate, she said.

The policy document begins with a criticism of “no fault” or “unilateral” divorce, which gives either spouse the right to a divorce without assigning blame to a single side, even if the other spouse doesn’t consent.

The Green Party platform asserts “virtually every Canadian is now aware of the many shortcomings and the unintended consequences of unilateral divorce through the direct experience of family or close friends.”

That criticism, according Hansen, just doesn’t make sense.

The platform also calls for “equal parenting,” a legislative principle that says parenting time should be presumed to be split 50-50, unless there’s a proven reason why it should be otherwise.

Today, the Divorce Act includes the principle that parenting time should be maximized between parties but says the interest of the child comes first, Hansen said.

“There’s a very troubling anti-feminist bent to this,” said Hansen.


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SCHOOL BOARD

# Tentative deals bode well for teachers

Ontario's Catholic teachers are suspending their drastic work-to-rule plans now that their union has hammered out a tentative deal with the province and school boards.

The agreement, reached around 3 a.m. Tuesday, followed a round-the-clock session that resumed Monday after two days of bargaining last week and comes just days after the province's public high school teachers negotiated a tentative three-year deal.

"As we got closer and closer and looked at the issues, it became evident that there was a deal to be made — we knew a deal was there and how to get there," said Ann Hawkins, president of the Ontario English Catholic Teachers' Association, adding negotiators "worked very hard to address the concerns of members and ... managed to maintain and defend the issues that were of critical importance to us."

While no details have been released, the deal is expected to be similar to that of the Ontario Secondary School Teachers' Federation, which maintained class sizes, provided a small salary increase and added a professional development day.

Both deals still must be ratified by teachers, which will take place after Labour Day.

TORSTAR NEWS SERVICE

**Georgia Walsh was killed in a car accident in the Leaside neighbourhood in July 2014. Some of the GTA's top minor-league baseball players will meet at Trace Manes Park on Saturday to commemorate Georgia and raise funds to support the playground rejuvenation project.** CONTRIBUTED

# A legacy of better traffic safety

MEMORIAL

## All-Star Game to kick off $1M fundraiser campaign

**Gilbert Ngabo**
Metro | Toronto

The image of a happy Georgia Walsh playing in Leaside hasn't left Lauri Holomis' mind.

"I can still see her smile," said Holomis, a resident of the East York neighbourhood and a longtime friend of Georgia's parents.

"She loved the game of baseball, and always enjoyed playing around with other kids at Trace Manes Park."

Gerogia died in July 2014 at age 7, after being hit by a car on her way to play in the park. The death led to calls for drivers to slow down, and safety signage in the area was upgraded.

Now, Holomis and others

> **"She just had a special character that everyone loved.**
> Lauri Holomis

are going a step further in the effort to make sure other children don't face Georgia's fate.

On Saturday, some of the GTA's top minor-league baseball players will be at Trace Manes Park for the Georgia Walsh Memorial All-Star Game.

The game will mark the start of a $1-million fundraising campaign to rejuvenate the playground at Trace Manes and make it safer.

The project would see fencing added on all sides of the park, reducing the risk of children running into the street. It would also replace the old wading pool with a new splash pad and replace the sand that covers the ground with tiles to increase accessibility and cleanliness.

There could be no better legacy associated with Georgia than a greater sense of safety for Leaside children, said her mother, Jillian.

"Georgia's accident profoundly impacted people. Everyone really thought this could have been their own child," she said. "I still think it is important that our community feels children are able to stay independent and free on our streets and on the playgrounds."

**Supt. David Fenton is the only upper-command law enforcer to face a police tribunal for the 'kettling' of hundreds of innocent people during the June 2010 weekend.** TORSTAR NEWS SERVICE/FILE

DISCIPLINARY HEARING

# G20 senior officer guilty on three charges

The most senior police officer charged over mass arrests made during the Toronto G20 summit five years ago was found guilty on three out of five offences at a disciplinary hearing on Tuesday.

Retired Ontario judge John Hamilton, who had been presiding over the case, found Supt. David Fenton guilty of two of three counts of unnecessary exercise of authority and one of two counts of discreditable conduct.

Hamilton said Fenton is committed to serving the public but was working with a lack of understanding of the public's right to protest when he chose to order the boxing in and mass arrest of protesters five years ago.

"This case is about the order that Supt. Fenton made and the consequences that fell from them," he said.

"Legitimate protesters ... had the right not to be subject to arrest for making noise, chanting and sitting in the public street."

**1,000**

**More than 1,000 people were detained over the summit weekend in what was considered the largest mass arrest in Canada's peacetime history.**
THE CANADIAN PRESS

Fenton later issued an apology via a statement from his lawyer, Peter Brauti.

"He would like to personally apologize to all those innocent parties that were negatively affected," Brauti said.

"He had to make quick decisions and judgement calls to protect the city. He deeply regrets that some of those decisions led to the arrest of people who were not involved in the violence and that some people were held in the rain for hours."

Brauti said he and Fenton are disappointed with the charges but respect the ruling and process.

Fenton had pleaded not guilty to a total of five Police Services Act charges stemming from two "kettling" incidents that occurred during the chaotic 2010 summit weekend.

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**Justin Trudeau greets the audience Tuesday as he campaigns during the Canadian Federal Election at the Embassy Grand Convention Centre in Brampton.** STEVE RUSSELL/TORSTAR NEWS SERVICE

# Leaders' visions clash in the GTA

ELECTION 2015

## Focus on economy as TSX/S&P back up after drop

The federal leaders engaged in heavy crossfire Tuesday during events in the Greater Toronto Area, as their visions of how to balance the books and grow the economy clashed.

Daylight emerged between NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau in their respective approaches to deficits and growth. Stephen Harper simply derided the two "other guys" as promoting destructive policies that would hurt the economy if they ever replaced him as prime minister.

The focus on the economy intensified as the TSX/S&P composite index ended by rebounding after a major drop, which was linked to declining growth in China.

Mulcair staked out clear ground when he said in Hamilton that he won't need to run a deficit to finance his promises and will bring in a balanced budget next year.

"We're of course going to finish the fiscal year on Mr. Harper's watch — 2015-16 is his budget — but our first budget will be a balanced budget."

Mulcair has not yet released the full costing of his platform, which includes a plan to create one million $15-a-day child care spaces. He said he could find savings by doing away with the Conservatives' income-splitting plan while raising taxes on large corporations.

Trudeau, in Brampton, said he wasn't ready to commit to a no-deficit budget because more must be done to stimulate growth and help the middle class.

"We are focused on growing the economy and getting back into balance, but like I say, how long that will take will depend very much on Mr. Harper and the mess he's left us behind, along with the global situation."

Trudeau bristled against Harper's fondness for austerity, saying now was not the time to "remove millions and billions of dollars from the Canadian economy."

He also accused Mulcair of choosing "austerity and cuts" over jobs and growth during the Tuesday evening rally.

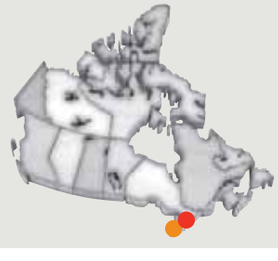
Harper maintained that his government's strategy — a balanced budget, low taxes and affordable investments — is right for current challenges facing the global economy.

"You do not — as any financial planner will tell you whether it's from the prime minister on down — you do not run around and change your plans based on daily market news. You have a long-term plan and you stick to it."

Harper clashed with former Liberal prime minister Paul Martin, who was the marquee attraction at Trudeau's unveiling of his economic team at an event in Toronto. Martin attacked Harper's laissez-faire approach, saying "the central government's role is not to be an idle observer of the passing scene" when economic trouble looms on the horizon.

THE CANADIAN PRESS

### WHERE THE LEADERS ARE TODAY



- **Justin Trudeau** will be in Newmarket, Ont.
- **Tom Mulcair** will be in London Ont., and Stratford, Ont.

The itineraries of Stephen Harper and Elizabeth May were unavailable.

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**Nathan Isberg has shuttered the Atlantic, his seafood-restaurant-cum-social-experiment on Dundas Street West, and moved on to greener pastures.** TORSTAR NEWS SERVICE FILE

# Still stirring the pot

FOOD

## Chef moves on to push dining boundaries at Niagara winery

**Luke Simcoe**
Metro | Toronto

The Atlantic has closed after five years of serving up an irreverent take on the restaurant experience.

Chef Nathan Isberg shuttered the Dundas Street West eatery — which made headlines for serving crickets and inviting customers to pay whatever they felt like for food — earlier this month, citing a desire to pursue other projects.

Isberg opened the Atlantic in 2010, on April 1 of all days. Tired of a local food scene that was "an exercise in consumption without a whole lot of substance," he wanted to push the boundaries of what a restaurant could be.

"There was an implicit criticism in what I was doing," he said. "I wanted it to be a rupture from other restaurants."

Dining at the Atlantic was an ever-changing experience.

> **"I wanted it to be a rupture from other restaurants."**
> Chef Nathan Isberg

One day, Isberg stopped serving alcohol. Another, he started frying up insects.

He also eschewed serving staff and took orders in between preparing meals that had been designed that day.

His next project? It's happening at Niagara's Pearl Morissette winery.

Isberg's creating a dining room for the vineyard, where he'll grow — and in some cases, butcher — all the food himself.

He's also partnered with the Timiskaming First Nations to find culinary and commercial uses for foraged foods — from pine cones to wild mushrooms and berries — available on their land.

While Isberg is done with Toronto for the time being, he wants to return to the city in the future to run impromptu or "pop-up" dining experiences.

"It's doing what I was doing in the restaurant but not in a restaurant," he said.

## METROEXPLAINS Chef Nathan Isberg's top 10 Toronto restaurant shakeups

**No Red Meat**
The Atlantic opened at a time when Toronto's food scene was — and arguably still is — dominated by carnivorous choices. Isberg decided to buck the trend and served mainly seafood and vegetarian meals. "The best part of that was that no one really noticed," he said. "And that's good because if we're going to be eating animals, eating ones that put less pressure on the environment is a good idea."

**'Bizarre' dinners**
During his time at the Atlantic, Isberg prepared meals meant to counter the idea of your typical, three-course dinner. At one point, he even prepared a 69-course meal for his guests. "They were these one-off dinners that were somewhat bizarre," he said. "It helped break up my own sense of what a dinner could be."

**Eating Insects**
In his quest to reduce the environmental footprint of the restaurant, Isberg started serving crickets. He said the insect offerings were about pushing boundaries and reminding us our notions of food are tied to culture. "There's a taboo on eating insects, but only in certain places," he said. "Bugs constitute a major portion of what the world eats elsewhere."

**No Alcohol**
Booze makes up a significant portion of many restaurants' revenues, but after spending a few years not drinking himself, Isberg dropped it from the menu. Instead, he crafted non-alcoholic drinks that he felt paired better with his food than wine. "Some people say you can't have a restaurant without booze and that always struck me as a stupid comment."

**No Menus, Prices**
In one of his most radical moves, Isberg ditched the menu entirely. Instead, he cooked whatever he felt like based on the ingredients he had, and invited customers to pay whatever they felt like, whether it was cash or barter. The move won over prominent British restaurant critic Giles Coren, who called the Atlantic "the most brain-affecting restaurant" in Toronto.

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# Food industry to honour top women

AWARDS

## Ceremony will recognize many contributions

Gilbert Ngabo
Metro | Toronto

A local group is poised to celebrate the way women "simmer and sizzle" in the still largely male-dominated food industry.

Cater Toronto, a community-based network, will mark its inaugural #2Hot4Kitchen awards ceremony on Wednesday — paying homage to the work women are doing in the sector.

"We know that there are so many women who really are doing a wide range of work to keep us all well fed," said Vanessa Ling Yu, Cater Toronto's director. "But in the overall food system, women aren't being recognized enough."

Women's contributions are more than just service and hospitality, she said. They include farming, processing and production, commercialization and policy making.

Many women, especially those in low-income neighbourhoods, know how to cook and want to start businesses but face a lot of barriers, Ling Yu said.

Through community consultations and advocacy work, Cater Toronto strives to help such women find their footing in the market.

The awards come as some women in the city shine a light on reports of sexual harassment in professional kitchens. Next month, Toronto will play host to Kitchen Bitches, a conference to address the issue of "suffocating patriarchy" in the world of restaurants.

Ling Yu said the issue is one of the things organizers of #2Hot4Kitchen hope to address.

There's a lot of change needed to make female food workers feel more secure, she said, and all parties need to be involved in the discussion.

"This is not a man-versus-woman thing," Ling Yu said. "We want to see the guys come out and celebrate the women who've been doing great work with men out there, too."

### THE DETAILS

- The awards are called #2Hot4Kitchen to imply people in the food industry are already aware of concerns women face and are looking to bring the message to the public.
- Wednesday's ceremony takes place at Big Park in Regent Park.

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**The Union-Pearson Express is among the recommendations provided by Google Maps for users looking to get from the west end to or from Union Station.** SCREENSHOT

TRANSPORTATION

## Riders being misled with UP: Advocates

Luke Simcoe
Metro | Toronto

Transit advocates are warning tourists not to trust trip-planning information from Google or Metrolinx.

When searching for transit directions from the west end of Toronto to downtown, both Google Maps and Metrolinx's own Triplinx planner recommend taking the new Union-Pearson Express.

That's fine, said TTCriders chairwoman Jessica Bell, but those services may want to inform out-of-towners that doing so comes with at least a $16.50 price tag.

Fare information is available on both trip planners, but accessing it requires users to click on additional tabs or links.

Bell doesn't think that's acceptable.

"Tourists who don't know the city need a fair and accurate search engine that tells them how long a trip is going to take and how much it costs," she said. "Metrolinx needs to make sure that's clear, especially with Google Maps because everyone uses Google Maps."

Metrolinx spokesman Mark Ostler said his organization "cannot comment on what transit provider services like Google … include in the trip itineraries they provide."

> **"You could easily be bamboozled into thinking Toronto has the most costly public transit in the world.**
> Jessica Bell

As for Triplinx, Ostler said more information about fares will be included in future versions of the tool.

Since the Union-Pearson Express was completed earlier this year, fares for the rail service have been hotly debated. Many believe the $27.50 cost of a one-way trip from Union Station to the airport is too expensive and partly to blame for underwhelming ridership.

Bell said the UP Express would better serve Torontonians if it was merged with the TTC.

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ONLINE ORDERING

# Toronto 'Wild West' for food delivery

Jessica Smith Cross
Metro | Toronto

Toronto's online food ordering and delivery market is "like the Wild West" and later this week, a big, well-funded U.S. player will be strolling into town.

Every good Western starts with a stranger coming to town and, in this case, it's Favour, a venture-capital-backed delivery company which launches in Toronto on Thursday.

Favour employs over 3,000 "Runners" in 10 American cities. They wear tuxedo-print T-shirts when they bring hot food — or anything else that can be picked up and delivered — to your door.

In the States, the service goes by Favor, without the Canadian "U."The company will specialize in restaurants that don't currently offer delivery, including Khao San Road, Burrito Boyz, and Pizzeria Libretto. But its runners will pick up food from anywhere, said co-founder Ben Doherty.

Favour is entering a very crowded and competitive market. There are at least seven companies that deliver restaurant food to your door from an online order, including the biggest player, U.K.-based JUST EAT, plus Uber EATS — in which Uber drivers deliver food — and courier company Hurrier, which has a courier business model similar to Favour.

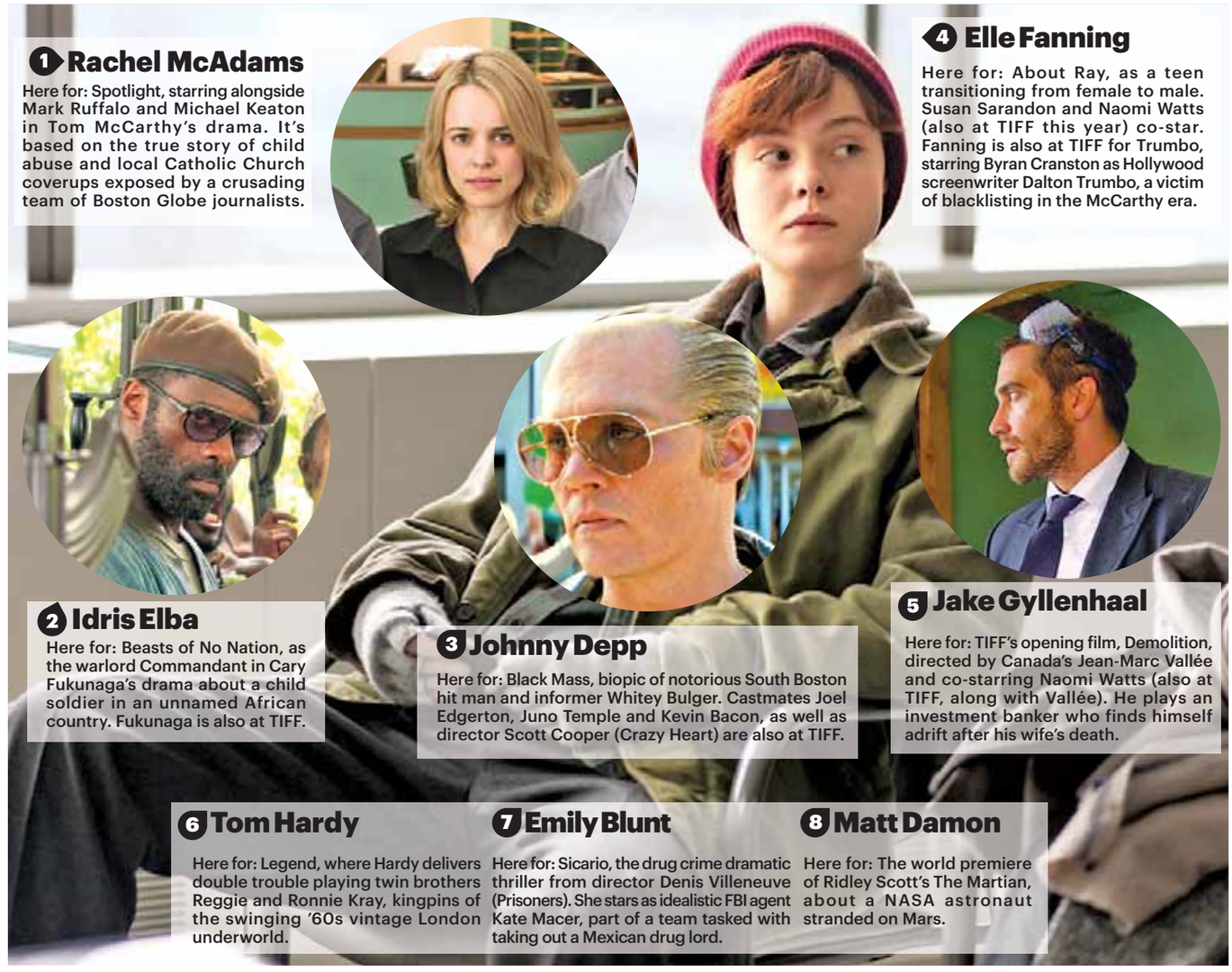
"It's like the Wild West," said Luke Sheenan, Marketing Director for JUST EAT Canada. He estimates there are eight to 10 such services in the GTA, and 30 across Canada. "But we actually think it's good thing, because it keeps us on our toes and we're always keen to see innovation."

Toronto's appetites appear to be keep up, because the appearances of the many new food delivery services the city hasn't reduced demand, he said.

**Favour's delivery people, called "Runners," are recognizable by their tuxedo T-shirts.** CONTRIBUTED

# 8 ACTORS YOU'LL SEE AT TIFF THIS YEAR

The red carpet doubles as welcome mat as the Toronto International Film Festival welcomes hundreds of stars and filmmakers for its 40th edition Sept. 10 to 20. Here are eight of the actors and actresses coming to TIFF. TORSTAR NEWS SERVICE



### 1 Rachel McAdams

Here for: Spotlight, starring alongside Mark Ruffalo and Michael Keaton in Tom McCarthy's drama. It's based on the true story of child abuse and local Catholic Church coverups exposed by a crusading team of Boston Globe journalists.

### 2 Idris Elba

Here for: Beasts of No Nation, as the warlord Commandant in Cary Fukunaga's drama about a child soldier in an unnamed African country. Fukunaga is also at TIFF.

### 3 Johnny Depp

Here for: Black Mass, biopic of notorious South Boston hit man and informer Whitey Bulger. Castmates Joel Edgerton, Juno Temple and Kevin Bacon, as well as director Scott Cooper (Crazy Heart) are also at TIFF.

### 4 Elle Fanning

Here for: About Ray, as a teen transitioning from female to male. Susan Sarandon and Naomi Watts (also at TIFF this year) co-star. Fanning is also at TIFF for Trumbo, starring Byran Cranston as Hollywood screenwriter Dalton Trumbo, a victim of blacklisting in the McCarthy era.

### 5 Jake Gyllenhaal

Here for: TIFF's opening film, Demolition, directed by Canada's Jean-Marc Vallée and co-starring Naomi Watts (also at TIFF, along with Vallée). He plays an investment banker who finds himself adrift after his wife's death.

### 6 Tom Hardy

Here for: Legend, where Hardy delivers double trouble playing twin brothers Reggie and Ronnie Kray, kingpins of the swinging '60s vintage London underworld.

### 7 Emily Blunt

Here for: Sicario, the drug crime dramatic thriller from director Denis Villeneuve (Prisoners). She stars as idealistic FBI agent Kate Macer, part of a team tasked with taking out a Mexican drug lord.

### 8 Matt Damon

Here for: The world premiere of Ridley Scott's The Martian, about a NASA astronaut stranded on Mars.

ART

# City releases program for Nuit Blanche

At Scadding Court, the ultra-urban community centre at Bathurst and Dundas streets, a van filled with unloved clothing will become a nexus of transformation and release.

Things like that happen at the annual all-night art party Nuit Blanche, or at least they can, and this year, on Oct. 3, Ghost Van, a project of Curtis (Talwst) Santiago, Lauren Cullen, Mat Brown, Marina Greeno-McNeil and Laura Horne-Gaul, is set to conjure a certain kind of therapeutic magic. The city released its full program for the event on Tuesday and Ghost Van, an independent project, is one of its standouts. The group has been collecting clothes tainted by unpleasant experience — the shirt you were wearing when you were fired, a tie you wore to a funeral, the scarf around your neck when you were dumped — and on the night, they'll be shredded and rewoven into a communal tapestry of despair. Some time after the event, the clothes, in their dismembered, reassembled state, will be set aflame in a cathartic pyre.

All contributions are welcome, of course, but some carry greater freight: the family of Eric Garner, the African American man choked to death by police on Staten Island last year, has offered one of his shirts, firing the work with a stark, tragic currency. Garner's death started the "I Can't Breathe" movement and gave a name to the current unrest in American race relations.

Among the most promising pieces, both in terms of pointed content and the form it takes, is Silent Knight, a monumental Lego sculpture by Toronto's Ekow Nimako. TORSTAR NEWS SERVICE

**Ekow Nimako works on his art installation called Silent Knight in his studio on Northcliffe Boulevard for Nuit Blanche.** MELISSA RENWICK/TORSTAR NEWS SERVICE

**Chris Woodcock, former director of issues management in the PMO, testified Tuesday that Duffy himself agreed to use the PMO's "lines" almost verbatim.** JUSTIN TANG/THE CANADIAN PRESS

# Former aide had audit concerns

DUFFY TRIAL

## Woodcock tells court he never scripted senators' words

A senior aide in Prime Minister Stephen Harper's office who helped manage the government's response to the unfolding senate expense controversies in 2013 says he never "scripted" lines for Senator Mike Duffy or Conservative senators.

Chris Woodcock testified he merely pulled together comments that reflected their own views as they arrived at them independently.

Woodcock appeared defiant and sure of himself. But he stumbled at one part of his testimony when he said he was "uncomfortable" at only one point in 2013 when the PMO was trying to contain the Duffy story.

It was, he said, when emails were exchanged within the PMO discussing Nigel Wright's contact with Sen. Irving Gerstein over the latter's approach to Deloitte auditors. The firm was then doing a review of senate residency expenses at a senate committee's request.

The communications strategist agreed with Duffy's lawyer Donald Bayne that it would have been "improper" to script the conclusion of an audit, and denied that ever happened. He said, "I felt wary and concerned that if this was to cross a line" he might become "very" uncomfortable with it, but, he added: "As I recall it didn't get to that point.

"It didn't become a large problem."

Woodcock is the third senior PMO aide to testify for the Crown against Duffy in the suspended senator's trial on fraud, breach of trust and bribery charges.

A key part of the Crown's theory is that Duffy was an equal partner, if not the instigator, of the scheme to be "kept whole" if he admitted a mistake in his claiming $90,000 in dubious housing expenses and per diems.

Woodcock took issue often with Bayne, insisting he didn't direct what Duffy or other senators should say and that Duffy himself agreed to use the PMO's "lines" almost verbatim with only minor modifications

Woodcock has already said he never read an email from his boss Nigel Wright advising that Wright was going to pick up the $90,000 tab for Duffy's expenses "personally." TORSTAR NEWS SERVICE

BRITISH COLUMBIA

# Convicted murderer must find home

Four decades after he escaped the hangman's noose, a convicted murderer has been told he no longer needs the structure of a Vancouver Island halfway house and must find his own home.

Elery Long, 70, has a pension and can afford reasonable housing, the Parole Board of Canada said in a recent decision.

Long killed Delta police Staff Sgt. Ron McKay in 1974, and was convicted the following year, but his death sentence was later commuted to life without the chance of parole for 25 years when the death penalty was abolished.

In March, the board granted Long full parole but imposed a six-month residency condition, requiring him to remain in a community residential facility in an unnamed city.

He subsequently wrote the board two letters, saying he was stressed and struggling with rejection because he couldn't find non-profit or seniors' housing and feared being a failure. The board said Long's case management team did not support his request.

"Your CMT suggests it is not appropriate for you to live a lifestyle devoid of rent and bills simply because you are serving a life sentence when other seniors in the community do not have such an opportunity," the board wrote in its decision.

It said Long needs to lower his standards and find a home in a less-desirable area, is capable of avoiding negative influences and has a support network.

Long's parole officer is confident he will be able to deal with stress in a "pro-social manner," the board found.

A 2011 psychological assessment also found Long was a low or moderate risk to reoffend and was suitable for full parole. THE CANADIAN PRESS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Canadian and U.S. flags fly side by side in St. Bernard Parish in September 2005. CONTRIBUTED

special feature

## After Hurricane Katrina hit, the first outside help to arrive in one devastated community was a team of Canadians. Metro's Rosemary Westwood reports from New Orleans.

# Rescued by the 'Mounties'

**This is the first in a three-part series on New Orleans's ongoing struggles ahead of the 10th anniversary of Katrina.**

St. Bernard, Louisiana.

Wanda Crownin sits smoking a cigarette in Lehrmann's Bar, in a booth beside the pool tables, the weekend before the 10-year anniversary of Hurricane Katrina.

The bar was made famous for staying open through the storm and ensuing crisis, an air-conditioned oasis for first responders including a 46-member heavy search-and-rescue (HUSAR) team from Vancouver, some of whom rescued Crownin's mother.

"They floated her on a mattress to St. Bernard highway, and a helicopter took her out across the water," she says. "We're always grateful."

Shaun Murphy, then a captain with the St. Bernard fire department who now lives in Tennessee, remembers first spotting the Canadians in the days after the storm.

"I saw these guys coming out of one of our neighbourhoods," he tells me. "I knew everybody who was supposed to be there. One of them said they needed some help to get a lady out of the house. And I said, 'Who are you guys?" He said they were from the Canadian search-and-rescue. I said, 'I'm not trying to be a smart ass or anything, but where the hell did you come from?' At that point no one was helping us — we were on our own.

"It was very mixed emotions," Murphy says. "One, the fact that somebody was actually there to help us was awesome, and the other part is that I can not believe, for the life of me, the United States of America, as big as they are, wasn't here, and the first help we got was from outsiders."

* * *

St. Bernard is a separate municipality adjacent to New Orleans, a bedroom community, a rural home to fisherman and shrimpers, and an industrial hub with a sugar refinery and two oil refineries. Before Hurricane Katrina, 66,000 residents lived there.

"The wind shifted after the eye passed," remembers Fire Chief Thomas Stone, who weathered Katrina's battering from inside his office on Aug. 29, 2005. "And I'm thinking, 'Oh, I think we made it.' Wrong."

The levees of the Industrial Canal to the west broke first, and Stone watched whitecaps roll up the road. The water rose 4½ metres in 20 minutes. It thrust houses into streets. It cut electricity, downed cell towers and left thousands of people stranded in sweltering heat.

**"The wind shifted after the eye of the storm passed. And I'm thinking, 'Oh, I think we made it.' Wrong."**

**Thomas Stone, St. Bernard Parish fire chief**

* * *

While people all along the Gulf Coast had fled the Gulf Coast, Tim Armstrong was trying to find a way in.

The province of B.C. had offered assistance to Louisiana, and Armstrong — one of the leaders of Vancouver's HUSAR team — secured a plane. They took off for Baton Rouge (New Orleans' airport was closed), but had to re-route to Lafayette mid-flight when they heard Baton Rouge was out of fuel. Upon landing, the team made its way to Kenner, where — within a 30-minute drive of the devastated communities — they were almost sent home.

The now infamously slow U.S.-government response had left victims of the flooding without food and water for days. There were rumours of mass looting and civil unrest (much of it later proved unfounded — people had mostly taken food and basic supplies). Authorities were preparing to send in the National Guard.

## "You actually feel you made a difference ... I feel proud that we were down there and we were Canadian."

**TIM ARMSTRONG, VANCOUVER HEAVY SEARCH AND RESCUE**

Rescue operations were on hold, the Canadians were told. They might as well leave.

"We're like, what? We've gotten all the way here to support and help and now they say there's no mission for you," Armstrong remembers, incredulity still in his voice.

Then two detectives with Louisiana State Police walked in. There's a problem in St. Bernard Parish, they said. "The town's totally under water, and the locals are trying to do the best they can and there's been no outside help come in there."

The Canadians had a mission.

* * *

Armstrong's first look at the community was of rooftops poking out of water as far as the eye could see. At emergency-operation headquarters, Armstrong met Henry "Junior" Rodriguez, St. Bernard's outspoken and boisterous equivalent of a mayor, and the reason why, to this day, some in St. Bernard still falsely believe they were rescued by the RCMP.

"He had a gavel and a jar of dill pickles beside him and a dog curled up around his feet," Armstrong remembers.

"Vancouver, where's Vancouver?" Rodriguez asked. Canada, he was told.

"He stood up and said, 'Hey everybody, the Mounties are here!'"

* * *

Before the Canadians arrived, Chief Stone already had about 100 firefighters commandeering any fisherman's boat they could find to search for survivors. With the Canadians came more resources and equipment, and a more sophisticated operation.

There were 25,000 houses and 3,000 businesses to search. The teams would start 12-hour shifts at 6 a.m. It was gruelling, gruesome work.

"The temperatures were in the high 90s, the humidity was very high," says Stone. "You'd go all day with a sandwich and a few bottles of water, so it was, like, rapid weight loss." He laughs a little.

"It was miserable. Everything you can think is in the flood water: human waste, dead animals, dead humans, hazardous materials that people keep in their homes."

A tank at one of the oil refineries was damaged, spilling about 1.1 million gallons of crude into the water too. They came across giant snakes while searching homes.

"People were in desperation mode," Armstrong remembers. "Everywhere we turned, people running out of their medications were swarming us when we'd arrive in areas. Trying to find someone to communicate with their loved ones. It was just absolute chaos, like you've never seen before."

Stone showed me a map of the community peppered with little red dots representing each of the 129 bodies found. Armstrong's first fatality was a mother whose family had floated her on a mattress for days, and who died from the heat.

"It was really heart wrenching to get people out of there, and then they still had no real place to go, and didn't know what was in store for them," Armstrong wrote in a dispatch from Sept. 3.

Ronnie Lehrmann, owner of Lehrmann's Bar, remembers the Canadians as among his rescue-worker clientele.

"We opened up from seven to 10, and sometimes six till 10, and we just gave everything away," he says.

"Sometimes you had 50 or 100 on the street out there waiting to get a cold beer. We had to blow a whistle every 15 minutes, say, 'OK, 10 people out, 10 people in.'"

* * *

In the decade since the storm, firefighter Shaun Murphy has become a Canucks fan, and Armstrong and Stone have become friends. Armstrong has been back to visit St. Bernard twice — he's now an honourary citizen — and Stone has visited Vancouver.

It's a friendship encapsulated in a single photograph, snapped as the Canadians were preparing to pull out after an exhausting week of operations. The team gave Stone a large Canadian flag, and he told them to hoist it on a makeshift flag pole.

"Then some of the U.S. Coast Guard guys got a little uppity about having a Canadian flag displayed," Armstrong says. "Of course, in true U.S. style, they had to find a bigger flag and fly it a little higher."

Katrina still looms large in St. Bernard Parish. Half the population had still not returned by 2010. Sprawling, lush lawns mark where houses used to sit. Stone jokes that St. Bernard is now the dollar-store capital of the world, while grocery stores remain scarce.

On Friday, Aug. 7, Armstrong got a package at his New Westminster office. Sent by Dani Babineauy, whose cousin was rescued by the Canadians, It contained a thank-you card, and a box of T-shirts that read "Mounties are our heroes to St. Bernard."

"You actually feel you made a difference in not just one person's life, but many," Armstrong says of that week in St. Bernard. "And I feel proud that we were down there and we were Canadian."

**Tomorrow: A Canadian helps rebuild the Lower Ninth Ward**

## "People were in desperation mode ... It was just absolute chaos, like you've never seen before."

**TIM ARMSTRONG**

## "It was really heart-wrenching to get people out of there, and then they still had no real place to go."

**TIM ARMSTRONG**

### QUICK GUIDE: VANCOUVER HEAVY SEARCH AND RESCUE TEAM

According to the City of Vancouver, the Heavy Urban Search and Rescue (HUSAR) Task Force is a special operations team of up to 120 members with medical, fire suppression, emergency response, search and rescue, and engineering backgrounds.

The task force rescues victims from major structural collapses and other hazards.

The HUSAR Task Force includes:

- Structural engineers
- Heavy rigging specialists
- Search specialists
- Logistics specialists
- Rescue specialists
- Medical specialists
- Physicians

The team was deployed to St. Bernard Parish on Sept. 2, 2005, and returned to Vancouver on Sept. 6. Over the course of their mission, they rescued more than 100 people.

STOCKS

# Chinese rate cut fuels TSX rebound; loonie dips again

The Toronto Stock market recovered some ground Tuesday, making up for much of the loss of the previous session as China again cut interest rates in a move aimed at reviving the world's second-largest economy.

The TSX/S&P composite index was ahead 287.02 points at 13,339.76 in mid-afternoon trading, after falling more than 420 points on Monday. But the loonie continued to take it on the chin, falling to 74.93 cents U.S. by the end of the day, the first time it has been below the 75-cent mark since mid-2004.

Tim Caulfield, director of equity research at Franklin Bissett Investment Management, said Canadians have reason to be hopeful after the pounding the Toronto market has taken since the price of oil began sliding.

"A lot of the bad news is being priced into the market so when we look forward we become more optimistic about future return potential," he said.

The move by China's central bank to cut interest rates came after the Shanghai index dropped to an eight-month low Tuesday following a string of recent plunges that took it below the 3,000 mark for the first time since December.

China's economic slowdown started as a side effect of the Communist party's plan to steer the world's second-largest economy to a "new normal" of lower, steadier growth. It has turned into a nosedive that the party is struggling to reverse. THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS

**The ticker in Times Square announces an upswing in market values Tuesday in New York City.** MARY ALTAFFER/THE ASSOCIATED PRESS

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**NATURAL GAS:** $2.695 US (+3.9¢)
**DOW JONES:** 15,666.44 (-204.91)

**A revolutionary medical procedure has led to a baby boy being born from the same womb that nurtured his mother.** MARIA CHENG/THE ASSOCIATED PRESS

# One womb unites three generations

HEALTH

## Woman gives birth after her own mother donates uterus

For one family in Sweden, a pioneering procedure has led to a baby being born from the same womb that nurtured his mother, uniting three generations.

The new mother, who lost her own uterus to cancer in her 20s, said it was "unimaginable" that she now had her own child, thanks to her mother's donated womb.

"It can't be described how happy we are," she told The Associated Press in an exclusive interview. "It's everything that I hoped for and a little bit more," said the woman, who asked that she and her mother not be identified in order to protect the privacy of her 9-month-old son.

Dr. Mats Brannstrom, who is behind the revolutionary process, has ushered in four babies — all boys — with transplanted wombs; a fifth is on the way.

He said there was something very special about this case: "It's one uterus bridging three generations of a family."

"Feeling him against my cheek was the most wonderful feeling ever," the mother said. In tribute to Brannstrom, she and her husband gave the baby the middle name of Mats. THE ASSOCIATED PRESS

BRITAIN

# Big Ben's bongs all wrong

Don't set your watch by Big Ben.

Officials say the famous clock at Britain's Parliament — used by Londoners for decades to check the time — has recently been slow by as much as six seconds.

The 156-year-old clock chimes every 15 minutes and emits deep bongs to mark the hour.

Its inaccuracy was noticed by staff at BBC radio, which broadcasts the bongs live at 6 p.m.

Ian Westworth, one of Parliament's three clocksmiths, told the BBC the clock had become "a little temperamental" with age.

"Imagine running your car for 24 hours a day, 365 days a year for the last 156 years," he said.

Parliamentary officials said Tuesday that mechanics had corrected the clock to within "normal parameters" — within 2 seconds of the right time. They will continue to adjust it by placing pennies on the pendulum — or removing them — to fine-tune its speed.

Parliament's neo-Gothic clock tower is one of London's most recognizable landmarks, and its bell is one of London's characteristic sounds.

The famous bongs echoed through the city without fail through World War II bombing raids, though they have been silenced a few times for repairs, and by accident or the weather. THE ASSOCIATED PRESS

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# metro VIEWS

**A Canadian Medical Association poll found 29 per cent of doctors were willing to help terminal patients die, raising concerns about future accessibility of the service.**

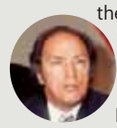
## metro's election explainer

# How does the economy affect voting day?

**It's been a rough couple of weeks in the markets,** with the Toronto Stock Exchange plunging seven per cent in the past month and the U.S. S&P 500 losing 10 per cent. The economy is on voters' minds as a recession looms, oil slumps and Greece and China stoke instability.

How is this likely to affect the federal election campaign? There are a few clues. A 2006 study of 27 democratic countries found the weeks surrounding an election tend to coincide with significantly more volatility in the markets, especially if the race is close, or power ultimately changes hands. According to Yale economist Ray C. Fair's model, a strong economy (of which the stock market is only part) tends to make undecided voters wish for more of the same and favour the incumbent candidate. Here's a trip down not-so-good-memories lane that could shed light on what the next weeks might bring amid an economy and an election both very much up in the air.

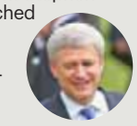
**1935**
Voters blamed Prime Minister R.B. Bennett for not doing enough to stimulate the economy during the Great Depression. He was trounced by Liberal William Lyon Mackenzie King.



**1960s-70s**
Buoyed by a booming postwar economy, the Liberal Party saw five consecutive victories between 1963 and 1974 — but at the end of that time inflation and malaise had set in. Liberal Pierre Trudeau secured the PM's job by a margin of just two seats.

**1993**
Battered by recessions, deficits and an unemployment rate of 11.3 per cent, Kim Campbell's Conservatives were crushed, losing 167 seats and official party status.

**2008**
During a fall election in the middle of the global economic meltdown, Conservative incumbent Stephen Harper preached the need for stability. He won a minority and, by proroguing parliament, averted an attempt by opposition parties to form a coalition and take him down. The Toronto Stock Exchange, ever averse to change, cratered by about 1,000 points over the course of a week.



**The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca**

## URBAN ETIQUETTE: ELLEN VANSTONE ON COEXISTING WITH CANINES

### THE QUESTION

# I live near a park where dog owners let their dogs off leash in the on-leash area. Should I say something?

Dear Ellen,

**I live near a park where dog owners let their dogs off leash in the on-leash area, even though there is an off-leash area nearby. I think this is wrong because there are little kids around, and some of those dogs can be dangerous, but I feel bad about ruining the fun for the dogs.**

**Should I say something?**
**David in Edmonton**

Dear David,

Whether or not you should say something depends on several factors. How big are the dogs? How big are the dog owners? How big are you?

If, for example, you are passing by a bunch of foul-mouthed thugs using dagger-tipped fighting sticks to play "fetch" with out-of-control attack dogs, steer clear. Even if there are little kids around who are clearly in danger, you'd be better off advising the children and their caretakers to leave the area rather than single-handedly trying to get the dog owners to take their fanged beasts elsewhere.

You might also — as you herd the groups to safety — discreetly call the city or police to report the behavior.

If, on the other hand, the pet owners you are passing appear to be civil human beings, and their dogs are cute and friendly, I encourage you to politely but firmly request they use the off-leash area.

This is not just your right, it's arguably your moral duty.

Owners who illegally let their pets romp off leash turn public opinion against dog owners, and make it much harder to win much needed space for off-leash romping.

There's also the question of hygiene. Even if the owners scoop any poop in the area, I doubt they're going to remove every last molecule of feces from the grass where you might want to sit, or lie down, or picnic, or let your own small mammals crawl around, taste-testing everything they can get their paws on.

The website doodycalls.com says the bacteria in dog waste can cause cramps, diarrhea, intestinal illness and serious kidney disorders in humans. And even cute and friendly dogs are still dogs; they get excited and jump and nip. At best they can trip you as they dart across your path, or snag your favourite sweater when they leap up to show you how much they love you. At worst, a darting, nipping mutt of any size can terrify the infirm or elderly, and easily draw blood from a toddler or infant, which must then lead to rabies shots and, possibly, a lifelong fear of dogs, not to mention talk of putting down the pooch.

Finally, note that restricting dogs to enclosed, off-leash areas is also safer for the dogs. In Edmonton this year, dog owners are lobbying the city for more fenced-in areas after several dogs were reportedly killed in traffic near a popular off-leash area.

Don't worry about being a party pooper for the pups. You may be spoiling their fun in the moment, but you'll be doing them a favour in the long run.

**Need advice? Email Ellen**
scene@metronews.ca

## metroview

# I quit drinking. I felt amazing. And it ruined my dating life.

**Liz Beddall**
Metro | Toronto

I had an epiphany in October. I had passed out in the midst of yet another binge-drinking/binge-eating session and, upon waking with belly full and mind numb, it occurred to me that perhaps it was time to set this habit aside for a while, just to see what happens. So I did — and things happened.

Twenty pounds shed and happy as a clam, I'm now enjoying the most awake, energized period of life since I was a teenaged alcohol-virgin. I'm proud to bring San Pellegrino to parties, and I feel great while my friends are banging their morning heads against Advil and home fries.

But then that pulsating red heart pops up on Tinder, indicating a match, and I remember what's been lost.

The ongoing scandal of dating in 2015 has been exhaustively documented: Breakdowns over text message, heightists, weightists, no-shows, no apologies, no resemblance to the profile pic. It's an emotionally perilous venture, fraught with heartbreak, confusion and anxiety. And into this chaos I now had to tread without my wingman, the sweet, socially stabilizing companion called alcohol.

My sober dates thus far have been plentiful and tough. Alcohol is routinely brought up within the first two minutes and I, candid to a fault, often give over the truth immediately: "I don't drink, but please, please drink — drink abundantly, get drunk enough for both me and you." The confession invariably sends the date into sombre territory, a sterile atmosphere pervades, and the businesslike conversation ends with a stiff hug.

Back in my alcohol-soaked and very successful dating past, I didn't even have to get drunk. The social leeway afforded by the mere suggestion of intoxication — the free-flowing flirtation, the easy conversation, the silliness and (possibly feigned) charm that comes after even one drink — is so tied up in the ritual that, without a bottle in hand, my companions and I were lost.

Sure, my life was never better, but my dating life was never worse. So guess what I did? I decided that I would allow myself up to two drinks when on out-of-the-house dates. And so, following my next rightward swipe, at the risk of guilt and regret, I sipped. And it was amazing. Stella needed to get her groove back, and she got it — with a little help from her friend, Ms. Artois.

Over a glass of soda water I rationalize thusly: Growing up means seeking a balance, sometimes awkward, between an expression of happiness at night and confidently facing our reflections in the morning. As long as we're actively attempting to find the best footing on our own high wire, moral compromise is not only permissible. At times, it can be straight-up delicious.

Cheers my dears — and see you on Tinder.

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**Greg Lutes**
MANAGING EDITOR TORONTO
**Angela Mullins**
ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
**General phone** 416-486-4900
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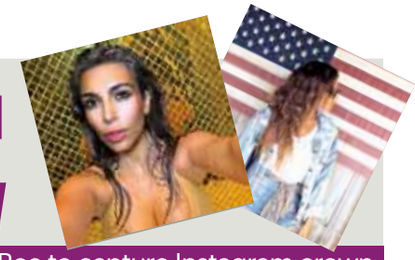


Kim Kardashian slips past Queen Bee to capture Instagram crown

**B.C. produces the most blueberries in the country, with 800 growers in the province.** THE CANADIAN PRESS/HANDOUT

# Blueberry fields forever

AGRICULTURE

## Time is ripe to buy from Canada's vast fresh crop

Whether they're cultivated or wild, juicy Canadian-grown blueberries are in stores now.

A hot dry summer in B.C. — which produces the lion's share of the fruit in this country, with more than 800 growers in the province — has meant the crop is farther ahead than usual.

While they're generally harvested until the first week of October, "we're going to be lucky if we go to the first week of September this year," says Debbie Etsell, executive director for the British Columbia Blueberry Council.

Meanwhile, on the East Coast, the harsh winter delayed the start of the wild blueberry harvest by about a week.

"The harvest is a race with winter," says Peter Rideout, executive director of the Wild Blueberry Producers Association of Nova Scotia.

"The fruit won't stand any frost at all on the vine so even though most of them go in the freezer as soon as we harvest them, they won't stand any freezings.

"If we happen to get an early September frost, that would be a concern on fruit that hasn't been harvested."

There are two basic types of blueberries. Highbush, or cultivated, bear larger berries. Lowbush, or wild, are smaller.

The highbush plant was derived about a century ago by Elizabeth Coleman White, a New Jersey woman who teamed with botanist Frederick Coville to domesticate the wild blueberry plant.

Wild blueberries grow across the northeastern continent up into the boreal forest, with the commercial highbush crop coming mainly from B.C., the Maritimes, Quebec and Maine, says Rideout. A small amount come from Newfoundland and Labrador and northern Ontario.

Look for fairly firm, sweet-smelling berries with no signs of mould or mildew and no crushed berries in the box, Foodland Ontario advises.

Store them loosely covered in their clamshell containers or transfer to a self-sealing plastic bag and refrigerate or freeze.

Take out what you need and wash just before use. Blueberries have a natural bloom — a silvery sheen — which is nature's protection. If you wash it off before storage, the berries won't keep as long, Etsell says.

About 90 per cent of the wild blueberry crop is frozen within 24 hours of harvest, which involves laborious hand raking and separating the berries from twigs and leaves.

"We put everything in the freezer quick as we can at harvest time and then afterwards when things quiet down a bit a lot of that frozen fruit will be transformed into dried fruit or fruit purée or preparations for dairy product," such as yogurt and ice cream, Rideout says.

Both wild and fresh blueberries are packaged frozen for sale throughout the year in grocery stores.

The U.S. and Japan are big export markets for both wild and cultivated Canadian blueberries.

THE CANADIAN PRESS

ISTOCK

WORD OF MOUTH

## Finding your thrill on berry hill

Wild blueberry picking is the most romantic date. Think of how much you would learn about a partner: willingness to hunt and pick patiently versus outbursts if the bucket spills, commitment to nature versus tramping on shrubs, resilience to mosquitoes and tolerance to bees (kill a bee, and our friendship is over). But most of all, a love of wild blueberries that runs so deep he or she would spend an entire day to gather a few cups of the most delicious, high-nutrient fruit grown in North America. Or, you could buy them fresh and in season right now and go to the movies.

A few things I learned about wild versus cultivated blueberries: They grow in nutrient-rich glacial soils and thrive in harsh climates. They have a higher skin to pulp ratio (read: they're smaller) which means more antioxidants and intense flavour.

Blueberries aren't just for dessert; they are amazing as a sweet pop of taste in savoury dishes. Try:

- A salsa of blueberries, minced purple onions and vinaigrette
- On pizza with feta cheese and basil
- In an omelette with sweet mascarpone cheese along with blueberry tea biscuits

Being versatile, intense, full of life, resilient and hearty are great qualities in potential mates and blueberries. Go figure.

THERESA ALBERT/FOR METRO

*Theresa Albert is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.*

### RECIPE: BLUEBERRY TURKEY BURGERS

THE CANADIAN PRESS/HANDOUT

**Makes 4 burgers.**

**Ingredients**

- 2 tsp vegetable oil
- 3 Tbsp barbecue sauce
- 4 whole-grain burger buns
- 1 lb (500 g) lean ground turkey
- 3/4 cup blueberries, fresh or frozen, roughly chopped
- 1/4 cup chopped green onion
- 1 large egg
- 1 Tbsp whole-grain mustard
- 1 Tbsp chopped fresh parsley or 2 tsp dry
- 2 tsp chopped fresh thyme or 1 tsp dry
- 1 tsp finely minced garlic
- 1 tsp paprika
- 1 tsp salt
- 1/2 tsp black pepper
- 3 Tbsp bread crumbs or ground flax seeds (if needed)

**Directions**

In a bowl, mix burger ingredients and form into four 2-cm thick patties. If mixture appears too wet, add bread crumbs. Refrigerate until ready to cook.

Preheat a heavy-bottomed pan or barbecue to 350 F. Grease grill with an oiled paper towel or heat oil in pan.

Sear patties on medium-high heat, cooking for five to seven minutes until browned.

Carefully flip over, reduce heat to medium-low and finish cooking for another five to seven minutes until internal temperature reaches 165 F.

Brush with barbecue sauce and serve on buns with condiments of your choice. THE CANADIAN PRESS

# Preserve food with dry wit

THE DEHYDRATOR BIBLE

## With this cookbook, you won't need store-bought

In The Dehydrator Bible, readers can learn the best ways to dry foods for their pantry and how to use the items in recipes.

An easy way to use up seasonal fruit and create treats to tuck into school lunches is to make fruit leathers.

"You literally purée the fruit, spread it out (on a dehydrator tray) and you've got this wonderful snack," says Jennifer MacKenzie, a home economist and co-author of The Dehydrator Bible.

"They come out uniform and you can do some amazing combinations. So instead of buying those fruit snacks from the grocery store you can make your own."

Included in the book are strawberry and banana, apple and grape, peach and vanilla or watermelon, mango and lime, among others.

MacKenzie also suggests making vegetable leathers with roasted pumpkin, squash or mushrooms, which are great to simmer into sauces to boost flavour.

Here's one recipe to try:

**Apple, cranberry and oat breakfast crumble is one of the tasty recipes readers can find in The Dehydrator Bible.** HANDOUT

### Apple, Cranberry and Oat Breakfast Crumble

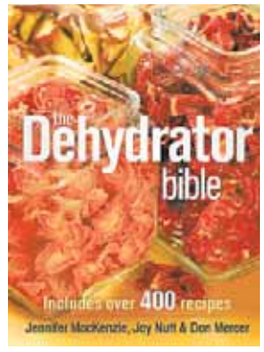
- 2-l (8-inch) glass baking dish, greased
- 375 ml (1 1/2 cups) dried apple slices
- 75 ml (1/3 cup) dried cranberries
- 1 ml (1/4 tsp) ground cinnamon
- 425 ml (1 3/4 cups) unsweetened apple juice, divided
- 250 ml (1 cup) quick-cooking or large-flake rolled oats
- 30 ml (2 tbsp) whole-wheat flour
- 30 ml (2 tbsp) liquid honey or maple syrup
- Flavoured yogurt, for serving

In a prepared baking dish, combine apples, cranberries and cinnamon.

Pour in 375 ml (1 1/2 cups) of the apple juice. Cover and refrigerate for at least 8 hours or for up to 12 hours.

Preheat oven to 375 F.

In a bowl, combine oats, flour, honey and remaining apple juice, stirring until crumbly. Sprinkle over apple mixture.




Bake for about 20 minutes or until fruit is hot and bubbling and topping is crispy. Serve hot or warm, with a dollop of yogurt. Makes 4 servings.

THE ASSOCIATED PRESS

PINOT GRIS

# Oregon wine? Believe it

LIQUID ASSETS

**Peter Rockwell**
@therealwineguy

You're forgiven if you believe California is the only American wine producer. After all, The Golden State pumps out 90 per cent of the juice made in the U.S.

Believe it or not, every state (including Alaska) makes wine, with Washington and Oregon leading the non-Cali pack in production. Though Washington's near desert-like climate may not seem overly grape friendly, it's able to produce amazingly expressive wines; especially from Riesling, Syrah and Cabernet Sauvignon. Oregon wines have a European flare, with Pinot Noir and Pinot Gris (a.k.a. Pinot Grigio) the base of the best of its best.

Firesteed Cellars, owned by venerable Howard Rossbach, is an Oregon trailblazer. Its 2013 Pinot Gris ($17.60-$19.99) is a dry, citrus-rich wine that swings heavily towards the Grigio side of the grape variety's personality.

Try it with some fresh white fish, lighter poultry dishes or as an aperitif alongside some prosciutto-wrapped melon.

Prices reflect the range across the country.

Some products may not be available in all provinces.

## NEW RESEARCH CONTRADICTS COMMON BELIEF

**Fish oil supplements don't prevent mental decline, new study says**

Fish oil supplements, which are high in omega-3 fatty acids, do not protect against mental decline, said a study released Tuesday.

The five-year clinical trial, published in the Journal of the American Medical Association, is "one of the largest and longest of its kind," according to a statement from the US National Institutes of Health, which funded the research.

"Contrary to popular belief, we didn't see any benefit of omega-3 supplements for stopping cognitive decline," said study author Emily Chew.

Omega-3 fatty acids are found in fish oils, and people who regularly eat fish such as salmon, tuna and halibut have been shown to have better eye, heart and brain health than people who do not eat these kinds of fish.

But consuming the oils in pill form is not the same. AFP

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# Humble homemade jerky

TRENDS

## Full of protein, dried meat and fruit make for great snacking

Eva Kis
Metro in New York City

Jerky has come a long way since we all started snapping into Slim Jims. What began as a novelty snack has become the darling of the Paleo world — minus the preservatives, MSG and artificial flavours, of course.

The best part is that all the bad ingredients that came out can be replaced with healthier, flavourful alternatives for a next-level snack that's low in calories but packed with protein.

We checked out Pamela Braun's new book, Jerky Everything, out earlier this month, for a few ideas, and had our minds blown by the variety of dried treats now at our fingertips.

### SRIRACHA JERKY

**Ingredients**

- 1/2 cup unseasoned rice vinegar
- 1/3 cup + 2 Tbsp Sriracha sauce
- 1/4 cup brown sugar
- 2 tsp granulated ginger
- 1 tsp granulated garlic
- 1 tsp salt
- 1 pound London broil strips

**Directions**

In a one-gallon resealable plastic freezer bag, mix together all the ingredients except the meat, and allow the mixture to sit for 10 minutes.

Add the meat strips and mix them around so they get completely coated with the marinade.

Remove as much air as possible from the bag, seal, and place it in the refrigerator for 8 to 24 hours.

During the marinating time, work the meat around so the marinade is fully incorporated into it.

Remove the strips from the marinade and arrange in a single layer for drying. Store in an airtight container.

EVA KIS/METRO NEW YORK

The book's subtitle isn't Foolproof and Flavorful Recipes for Beef, Pork, Poultry, Game, Fish, Fruit, and Even Vegetables for nothing. Since it's so delish right off the grill, pineapple jerky is officially on our list of summer food experiments.

You don't even need to buy a dehydrator; for jerky, a gas, electric or convection oven will work just fine, Braun writes. Preheat to 200 F and place the meat or fruit strips on a cooling rack set on a baking sheet to better circulate air. Convection ovens take about 90 minutes; for gas or electric, start checking at 2.5 hours.

Jerky is ready when it looks dry, but bends it without snapping. If it does break, just stick it back into a new marinade and try again.

Among the over 120 recipes, there was definitely one that caught our attention. Sriracha sounds like just the spicy-sweet summery touch to elevate our on-the-go snack game.

"You'll be pleasantly surprised that the heat from the sauce kind of disappears in this recipe, so even if you don't do spicy, you can eat this jerky," Braun writes. "If you want to add some heat to this, toss in some red pepper flakes. The flavour will blend better than if you added another type of hot sauce."

### HUNGER GAMES

**Does being hungry make women feel less sexy?**

In a U.S. study of college-aged women of normal weight, researchers found that women with a reasonably full stomach responded better to romantic cues than women who were hungry.

Using MRI imaging, researchers out of Drexel University observed brain activity among habitual dieters versus non-dieters. When fed, and then shown romantic images, both groups' reward centres in the brain lit up more than when they were shown these images while hungry.

Investigators say the findings reinforce the idea that diverse rewards (think food, gambling, alcohol and sex) are interrelated.

"Receiving one type of reward might affect your response to another type," says senior author Michael R. Lowe, Ph.D., a professor in the College of Arts and Sciences at Drexel.

"This may be due in part to the fact that different rewards overlap in the brain pathways they activate."

METRO NEW YORK

# 5 BEST BEAUTY TRENDS FOR THE NEW SEASON

Fall is an excellent excuse to shake-up your beauty routine. From earth tones, cat eyes and strong puckers to gothic romance, here are the best makeup looks to keep you on-trend this season. AFP

© LEON NEAL/AFP

## 1 Autumn colors

It may sound obvious, but earthy shades are the perfect way to usher in fall. Soft eggplant hues were on show at the Burberry Prorsum AW15 show, keeping the look dreamy and romantic. Chanel has named its new makeup collection Les Automnales and based it on the natural colours of the season, with muted tones illuminated by shimmering touches of gold, bronze or copper, evocative of the plays of light cast by rays of sunlight on tree branches.

©MIGUEL MEDINA/AFP

## 2 Tomcat eyes

The cat eye isn't going anywhere soon, but it has been revamped. Black liner was smudged and grungy at Diane von Furstenberg, straight and masculine at Fendi and exaggeratedly square at Saint Laurent, so feel free to get creative.

©GIORGIO ARMANI PRIVÉ

## 3 Bold lips

A bold pout in an offbeat color is the style trick that will see you through the winter. Giorgio Armani Privé's "Shocking" haute couture show in Paris focused on punkish and unapologetic pink in the house's new Ecstasy Lacquer lipstick ($38) in Maharajah, which launches this September, while burgundy was the color du jour on the Roksanda AW15 catwalk. Other options include the new limited edition Pure Color Envy Matte Sculpting Lipstick by Kendall Jenner for Estée Lauder, which comes in a vibrant matte red-orange hue.

©BEN STANSALL/AFP

## 5 Gothic vibes

The shorter days and colder weather are enough of an excuse for us to indulge in a more gothic look, and we'd only be following the fashionable example set at Giles, where smoky eye sockets, pale bases and strong black lipstick set the tone for the season. Take inspiration from Vivienne Westwood, whose AW15 show saw models sporting elaborate smudged eyes, or Alexander Wang, who sent models down the runway wearing the new NARS Aigle Noir Velvet Shadow ($28).

## 4 Twenties hair

Release your inner flapper girl, for this is the season of Twenties hair. From the cinematic kiss-curls on show at Givenchy to the razor-sharp bobbed hairpieces at Chanel couture, the playful and theatrical nature of the Jazz Age crept into the AW15 shows. If you don't want to go all the way, then consider channeling the look with the help of a crimper or curling iron, a side-swept fringe and some bobby pins.

©PATRICK KOVARIK/AFP

MERCEDES-BENZ START UP PROGRAM

# T.O. designer a contest finalist

A Toronto-based womenswear designer has a second chance at success in an annual contest for up-and-coming Canadian designers.

Laura Siegel has been named as a wild card entry in the Mercedes-Benz Start Up program. She recently participated in the semifinal runway show in Thornhill, Ont., but didn't initially make the final cut. Siegel was also a finalist in last year's competition.

Toronto-based womenswear line Narces, designed by Nikki Worthensohn, and Montreal's Leinad Beaudet were also selected as wild-card entrants.

They join a trio of previously announced finalists, including Calgary unisex brand S.P. Badu by Spencer Badu and Montreal-based UNTTLD designed by Jose Manuel St-Jacques and Simon Belanger. Sisters Chloe and Parris Gordon of Toronto-based womenswear and accessory brand Beaufille round out the list of finalists.

**Laura Siegel.**
THE CANADIAN PRESS

The six labels will participate in the national finale at Toronto's World MasterCard Fashion Week. Each is vying for a prize package that includes a $30,000 bursary and a fully produced runway show during Fashion Week next March.

Designers competing in Start Up must have a registered Canadian business that has been operating for less than five years.

This marks the fifth year in the nationwide search for Canada's emerging fashion talents. In addition to Thornhill, semifinal runway shows were also held in Calgary and Montreal.

Previous Start Up winners include label Martin Lim, Duy Nguyen, Cecile Raizonville of Montreal-based label Matiere Noire, and Edmonton's Malorie Urbanovitch. THE CANADIAN PRESS

GOSSIP TYGA'S DIRTY TRACK;EMMA'S FORMER FLAME

## Tyga's racy new track

This certainly won't make dinners at the Kardashian house any less awkward. Rapper Tyga dropped a new track off his upcoming album yesterday called Stimulated, and while the steamy lyrics never mention his newly 18-year-old girlfriend, Kylie Jenner, by name, there's plenty of speculation that it is about her. "They say she is young, I shoulda waited. She a big girl, dawg, when she stimulated," he raps. "She a big girl dawg, I'm puttin' in. Yeah I'm penetrating." That's just lovely, isn't it?

NED EHRBAR/FOR METRO

## Roberts hangs out with ex

Emma Roberts and her American Horror Story co-star and ex-fiancé Evan Peters were spotted having dinner together in West Hollywood recently, looking awfully chummy for a pair that broke off their engagement two months ago. The on-again, off-again couple are no strangers to relationship drama — there was that whole domestic disturbance in a Montreal hotel episode which left Peters with a bloody nose and Roberts in handcuffs — but their breakup this summer was supposedly pretty easy.

"Their three years together just ran its course. They have so many great memories together but couldn't make it work in the end," a source told Just Jared at the time.

"The breakup was amicable. There was no drama whatsoever. Emma and Evan are even still friends." So maybe this was just a friendly dinner?

NED EHRBAR/FOR METRO

metro DRIVE

Your essential daily news

8 million hybrid cars sold by pioneer Toyota, 20 years after presenting its first concept car

# A sports coupe with lots of sport

REVIEW

## M235i Coupe one of the edgiest models in the BMW catalogue

Mike Goetz
Metro | Canada

The BMW M235i is built to a formula that driving enthusiasts never tire of — put a big engine in a small vehicle. This never fails to make the small vehicle go real good.

The M235i does not let the formula, or driving enthusiasts, down. This is a wonderful and understated sports coupe, which makes the most out its high-end BMW hardware.

The 2 Series is BMW's smallest car line. The M235i XDrive is at the absolute upper limit of the 2 Series range. The "M" prefix denotes it as one of BMW's new-to-North America "M Performance Automobile" models, which raises the sporting quotient over regular models, but not to the extent of full-on "M" models, such as the M4 Coupe or M5 Sedan.

It features a unique 3.0-litre inline six cylinder cranking out 322 hp and 332 "torques," M-specific chassis tuning with automatically adaptive suspension, upgraded braking, variable sport steering and exhaust, and Michelin Pilot Super Sport tires. The latter is as racy as premium, sporting tires get.

The not-too-dramatic styling is a perfect fit for the dual nature of this car. When you just want to schlep around town in comfort and save fuel, you can select the COMFORT or ECO PRO settings on the Driving Experience Control and away you go. When you want to access the M235i's wild side, you can select SPORT or SPORT + and away you go too, but way faster.

The XDrive all-wheel-drive system never detracts from the essential rear-wheel drive feel of this sports coupe. The 8-speed automatic is very frisky, and well suited to engaged driving. The M235i is also surprisingly comfortable over rough pavement.

The cabin is pretty much BMW standard issue, which is to say tastefully done, and with an iDrive master controller and some real switches and buttons (and no touch screen). The front seats are extremely comfortable and extremely adept at holding you in place when you're losing your mind (in a good way) in the corners. Not surprisingly, the rears seats are a bit tight.

The M235i can be had with every connectivity and active safety tech piece on offer by the industry, but as per premium German brand practice, option packages are premium priced. The nice stuff on our tester added another $9,350 to the $48,750 base price.

The M235i doesn't seem to have any direct competitors. It's the only compact, two-door, RWD sport coupe from the premium makes; the others offer sport coupes but one rung up in size class (like Cadillac ATS). Other competitors might include FWD-based go-fast premium coupes (like Audi S3), and maybe non-premium RWD coupes (like Ford Mustang).

## THE CHECKLIST | 2015 BMW M235I XDRIVE

### THE BASICS

**Type.** Premium, compact, two-door, RWD/AWD sports coupe
**Power.** 322-hp, turbo, 3.0-litre I6
**Transmission.** 6-speed manual or 8-speed automatic
**Price.** Base $48,750 (plus destination)

### NOTABLE FEATURES

- ConnectedDrive package includes Internet, real-time traffic alerts, and concierge services
- M Performance Exhaust and Adaptive Suspension system
- To save fuel, automatic transmission disengages from engine when drivers take foot off the gas

MIKE GOETZ/FOR METRO

### POINTS

- Previously known as 1 Series. All-new platform for model year 2015
- All 2 Series vehicles exclusively two-doors. Cabriolet model added for model year 2016
- Base 228i Coupe ($36,000) is RWD and powered by 241-hp twin-turbo "four"

### MARKET POSITION

- Premium compact coupe for those who prioritize driving pleasure
- "M Performance Automobile" trim means more sport than normal, but not as much as full "M"
- Spiritual success to BMW's original small sports coupe, the iconic 2002, built from 1962-77

### THE COMPETITION

**Audi S3**
Base price: $45,400

**Mercedes-Benz C 350 4Matic Coupe**
Base price: $56,050

**Hyundai Genesis Coupe**
Base price: $38,185

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2015 Corolla**
All In Lease $69 @ 0.99%
All In Finance $97 @ 0.99% ZERO DOWN
All In Price $17,589

Rav4 FWD LE all in lease payment is Semi-monthly for 60 months with $1,950 down payment when you apply the $250 Lease Assist. Includes freight and fees, HST extra. All in Finance price is Bi-weekly for 84 months. Includes freight and fees, HST extra. All in price includes freight and fees, HST extra.

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MANUFACTURING

# A car is born: An inside look at a Chrysler casting plant

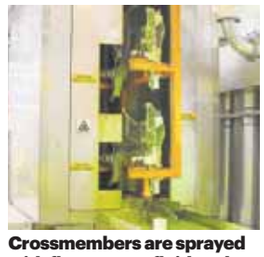
DRIVING FORCE
Jil McIntosh

During the Second World War, the Canadian government commissioned a factory on the west side of Toronto to build parts for military planes. In 1964, it was purchased by Chrysler, which used it to make engine components.

Now considerably enlarged and known as Etobicoke Casting, the plant is one of the company's top casting facilities. It uses proprietary aluminum alloy and high-tech methods to make vehicle crossmembers, as well as other parts that go into every vehicle the company sells in North America except for Viper and Fiat.

"Not many people can (make) these parts," says Ramsey Aljahmi, the plant's manufacturing manager. "There are very rigid quality requirements for these structural parts."

The plant makes many of its parts from a traditional alloy called 380, which is delivered molten from a nearby supplier. But it's too brittle for making crossmembers, which not only need some flexibility to handle road stress, but have to be strong enough to support all the suspension parts bolted to them.



**Crossmembers are sprayed with fluorescent fluid so that workers can check them for any tiny cracks.**
JIL MCINTOSH/FOR METRO

For that, the plant uses a special alloy called Silafont, developed in Germany and available from a single North American supplier in Missouri. Since it's too far away to deliver molten, the alloy arrives in ingots that are melted in furnaces in the plant. It's injected into the moulds at very high speed and high pressure, filling the cavity in less than one-tenth of a second. While it would take six to eight minutes to cast the part conventionally, the high-pressure system does it in two.

Any trapped air in the part could cause it to fail, and so each is X-rayed with 46 separate images. "It's like doing an MRI on every single part," Aljahmi says. "If one portion solidifies at a different rate, it can cause voids in the casting."

Parts that pass the X-ray screening are sprayed with fluorescent penetrating fluid, rinsed and then examined under blacklight, where workers look for any traces of glowing fluid that could indicate tiny cracks. Finally, they're stamped with an approval code and shipped out to vehicle assembly factories.

The plant is considered so good at what it does that its engineers have helped to train other casting facilities, including one of Fiat's key suppliers in Italy. It's also believed to be the largest single user of Silafont alloy worldwide, and will cast some 20.4 million kilograms of it this year.

# Furniture, and a free charge-up

THE GREEN ANGLE
Metro's weekly picks for the latest in environmental news

PLUG-IN STATIONS

## Ikea courts EV drivers

Swedish build-it-yourself homeware chain Ikea will provide free electric vehicle charging at all 12 of its Canadian stores by summer's end. Ikea announced at the recent Climate Summit of the Americas in Toronto that it will install two charging stations at each of its Canadian outlets and could add more if demand warrants. The stations will be compatible with every electric car currently sold in the country and be available on a first-come basis.

REBATES

## California changes electric vehicle subsidies based on income

The Golden State has added income-based caps to its rebates for electric cars and plug-in hybrids. As of July 1, the subsidies buyers receive are being determined by income, says auto research and sales source CarsDirect.com. Previously under the California Clean Vehicle Rebate Program, buyers received incentives of $1,500 US for plug-in hybrids and $2,500 for electric cars across the board. Now, lower-income buyers will get more when they buy certain EV models: as much as $3,000 US for a plug-in hybrid, $4,000 for an electric car and $6,500 for a hydrogen fuel-cell car. Perhaps it sounded ludicrous that someone who bought a $800,000-plus US hybrid like the Porsche 918 (pictured) would get a subsidy of any kind at all.

TEXT AND IMAGES BY WHEELBASE MEDIA

BMW'S PLUG-IN I8

## Hotel adds supercar to customer fleet

Long known for its fleet of Rolls-Royce guest vehicles, the Peninsula Shanghai hotel has added "the world's most sustainable sports car" (which apparently is BMW's plug-in i8) to its guest fleet, which also includes other BMW models and Minis (BMW owns both brands). The German automaker in 2014 handed over an all-electric BMW i3 city car to the equally high-end Kempinski Hotel Beijing, as part of its strategy to promote electric mobility.

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# 2015 Kia K900

It was likely only a matter of time before Kia developed a car that's based on the rear-wheel-drive platform used by the Hyundai Genesis (the two companies share most platforms). The weirdly named Kia K900 is the largest, most luxurious, most powerful and the most expensive ($50,000 to start) Kia to date. **JEFF MELNYCHUK** WHEELBASE MEDIA

**THE RUNDOWN**

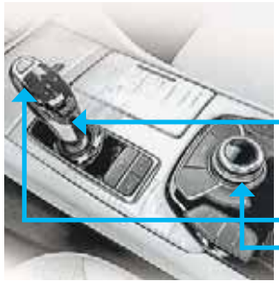
**1 Wheels**
Eighteen-inch wheels are standard. These optional 19-inch wheels are 2.5 centimetres wider at the rear and are wrapped in tires that are 27.5 centimetres wide.

**2 You want interior room?**
The front and rear wheels are spaced 20 centimetres farther apart than they are for the Cadenza sedan.

**3 Headlights**
Sixteen LEDs: eight per side. LED technology can also be found at the rear.

**4 Weigh-in**
The K900 has a base curb weight of 1,940 kilograms.

**5 Engines**
There's a base V6 engine and optional 420-horse 5.0-litre V8 mated to an eight-speed automatic transmission.



**TECHNOLOGY**

## Fingertip controls

- "Shift by wire" (optional) has no hard connection to the eight-speed transmission
- "Park" is a button
- Control most systems through this knob

SOURCE: KIA

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Limited shown: $32,490.§

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2015 Jeep Wrangler Sport S shown: $28,640.§

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Starting From Price for
2015 Jeep Patriot North Edition
shown: $22,535.§

## 2015 JEEP PATRIOT SPORT 4X2
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Starting From Price for
2015 Jeep Grand Cherokee
Overland shown: $58,690.§

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**Wise customers read the fine print:** †, •, Ω, ◊, ➢, ‡, *, ♦, ¥, ∞, § The Trade In Trade Up Summer Clearance Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers between August 18 and 31, 2015. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,695), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. †0% purchase financing for up to 72 months available on select new models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2015 Jeep Cherokee Sport FWD (24A)/2015 Jeep Renegade Sport 4x2 (21A)/2015 Jeep Patriot Sport 4x2 (25D)/2015 Jeep Wrangler 2-Door 4x4 (23B)/2015 Jeep Grand Cherokee Laredo (23E) with a Purchase Price of $24,482/$19,995/$15,495/$20,995/$38,895 with a $0 down payment, financed at 0% for 72/48/48/48/48 months equals 156/104/104/104/104 bi-weekly payments of $157/$192/$149/$202/$374 with a cost of borrowing of $0 and a total obligation of $24,482/$19,995/$15,495/$20,995/$38,895. •$500 Bonus Cash is available only on select 2015 Chrysler 300/300C and Town & Country models, 2015 Jeep Grand Cherokee models, 2015 Jeep Compass models (excluding Sport 4x2 & 4x4), 2015 Dodge Charger and Challenger models (excludes SRT Hellcat), 2015 Dodge Durango, 2014 Ram 1500 models (excluding Reg Cab 4x4 and 4x4) and 2014/2015 Ram Heavy Duty models purchased/leased at participating retailers from August 18 to 31, 2015. Bonus Cash will be deducted from the negotiated purchase/lease price before taxes. Offer available at participating Atlantic and Ontario retailers only. See retailer for complete details and conditions. ΩFinance Pull-Ahead Bonus Cash is available to eligible customers on the retail purchase/lease of select 2015/2016 Chrysler, Dodge, Jeep, Ram or FIAT models until August 31, 2015. Bonus Cash will be deducted from the negotiated price after taxes. Excludes 2015 Dodge Challenger/Charger SRT Hellcat and 2015 Dodge Viper. Eligible customers include all original and current owners of a Chrysler, Dodge, Jeep, Ram or FIAT model with an eligible finance or lease contract maturing after January 1, 2015. Trade-in not required. See retailers for complete details. ◊Total Discounts of $3,750 consist of $3,750 Consumer Cash on the 2015 Jeep Patriot Sport 4x2 (25D). Total Discounts of Consumer Cash/Lease Cash discounts are deducted from the negotiated lease price before taxes. ➢2.99% purchase financing for up to 96 months available on select new 2015 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2015 Jeep Cherokee Sport FWD (24A) with a Purchase Price of $24,482 with a $0 down payment, financed at 2.99% for 96 months equals 208 bi-weekly payments of $132 with a cost of borrowing of $3,075 and a total obligation of $27,557.01. ‡3.49% purchase financing for up to 96 months available on new select models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2015 Jeep Patriot Sport 4x2 (25D)/2015 Jeep Wrangler 2-Door 4x4 (23B) with a Purchase Price of $15,495/$20,995 with a $0 down payment, financed at 3.49% for 96 months equals 208 bi-weekly payments of $85/$116 with a cost of borrowing of $2,286/$3,097 and a total obligation of $17,781/$24,092.43. *Jeep Cash/Consumer Cash Discounts are deducted from the negotiated price before taxes. ♦4.99% lease financing of up to 60 months available on approved credit through WS Leasing Ltd. (a wholly owned subsidiary of Westminster Savings Credit Union) to qualified customers on applicable new 2013, 2014 and 2015 models at participating retailers in Ontario, New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. Retailer order/trade may be necessary. Example: 2015 Jeep Grand Cherokee Laredo (23E) with a Purchase Price of $36,625 leased at 4.99% over 60 months with $4,998 down payment, equals 240 weekly payments of $97.32 with a cost of borrowing of $6,097.20 and a total obligation of $29,091.40. 22,000 kilometre/year allowance. Charge of $0.18 per excess kilometre. Some conditions apply. ¥$2,500 Lease Cash available on the 2015 Jeep Grand Cherokee Laredo (23E). Lease Cash is deducted from the negotiated lease price before taxes. ∞Non-prime financing available on approved credit. 4.99% financing available on 2015 Ram 1500 Quad SXT 4x4/2015 Chrysler 200 LX/2015 Jeep Patriot Sport 4x2. 6.99% financing available on select 2015 models. Financing examples: 2015 Jeep Patriot Sport 4x2/2015 Jeep Cherokee Sport FWD with a Purchase Price of $15,495/$24,482, with $0 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $101/$170 with a cost of borrowing of $2,895/$6,546 and a total finance obligation of $18,390.30/$31,027.86. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ≈Based on 2014 *Ward's* Middle Cross Utility segmentation. ΔBased on 2014 *Ward's* Sport and Cross Utility segmentations. √Based on 2014 *Ward's* Small Sport Utility segmentation. ±Jeep Grand Cherokee has received more awards over its lifetime than any other SUV. ®Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc

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Jermain Defoe scored a hat trick in Sunderland's 6-3 League Cup win over Exeter

## BLUE JAYS BY THE NUMBERS

# Where Donaldson ranks

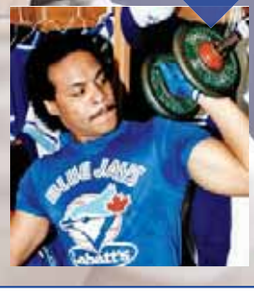
While the Josh Donaldson vs. Mike Trout MVP debate is likely to persist until the end of this season, another discussion worth pondering is where Donaldson's remarkable campaign ranks among the best in Blue Jays history. The dynamic third baseman has no doubt entered the conversation. Here's a look at where he currently stands among the greatest individual seasons by Jays position players, according to Wins Above Replacement (as calculated by Baseball Reference). Conspicuously absent from the list is the only player in Jays history to win an MVP, George Bell, who was voted the American League's most valuable player in 1987 when he hit .308 and clubbed 47 homers. Bell is evidently dinged for his defensive shortcomings and the limited value he added on the basepaths.

**JOSH DONALDSON**
**2015, .302, 34 HR, 100 RBI, 7.1 WAR (Prior to Tuesday night's game)**
With six weeks still remaining in the season, Donaldson has already put together the sixth-best season for a position player in Blue Jays history, according to WAR. If he continues at his current pace of more than 1.4 WAR per month, by season's end he will unseat Bautista's 2011 campaign for the top spot. Donaldson leads the majors in extra-base hits, runs scored and RBI while sitting second in home runs. He's also one of the best defensive third basemen in baseball and has been the Jays' most clutch hitter this season. Of his 34 homers, 23 have either tied the game or given the Jays the lead.

**JOSE BAUTISTA**
**2011, .302, 43 HR, 103 RBI, 8.1 WAR**
He hit more home runs in his breakout 2010 campaign, but 2011 was Bautista's better year. He led the majors in home runs, walks, slugging percentage and OPS, finishing third in MVP voting, behind Jacoby Ellsbury and Justin Verlander. By Wins Above Replacement, Bautista's 2011 season is the best in Blue Jays' history and among the top 20 by any player in the last decade.

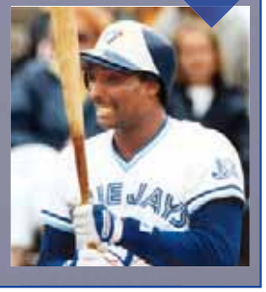
**JOHN OLERUD**
**1993, .363, 24 HR, 107 RBI, 7.7 WAR**
Like Bautista, Olerud finished third in AL MVP voting in 1993, receiving fewer votes than teammate Paul Molitor and the unanimous winner, Frank Thomas. But Olerud was arguably better than all three. He won the batting title, while also leading the majors with 54 doubles and a .473 on-base percentage, which was 15 points higher than Barry Bonds that season.

**JESSE BARFIELD**
**1986, .289, 40 HR, 108 RBI, 7.6 WAR**
The right-fielder known for his cannon arm put it all together as a 26-year-old in 1986. He was an all-star, a Gold Glover and a Silver Slugger. He led the majors with 40 home runs and trailed only Wade Boggs in position-player WAR. The closest Barfield came to matching his '86 heroics was four years later as a member of the New York Yankees when he hit 25 home runs and posted an .815 OPS.



**CARLOS DELGADO**
**2000, .344, 41 HR, 137 RBI, 7.3 WAR**
Delgado's peak years with the Jays were overshadowed by juicing sluggers like Barry Bonds and Alex Rodriguez. But in 2000 he was among the league's best. His 137 RBI are the second most in a season in Jays' history, behind the record-setting 145 mark he reached in 2003. But the 57 doubles he hit in 2000 and his .664 slugging percentage remain the franchise's single-season high-water marks.

**LLOYD MOSEBY**
**1984, .280, 18 HR, 92 RBI, 7.2 WAR**
Moseby's only all-star appearance came in 1986, but '84 was his best season. Among position players, he finished fourth that year in Wins Above Replacement. It was Moseby's combination of power and speed that made his season so special. He hit 18 homers while also stealing 39 bases and leading the American League with 15 triples. The speedy centre-fielder was also one of the league's best defensive outfielders.



TORSTAR NEWS SERVICE; ALL PHOTOS TORSTAR NEWS SERVICE FILES

# Righty claimed off waivers

The Toronto Blue Jays have claimed right-handed pitcher Donn Roach off waivers from the Cincinnati Reds.

Roach started one game for the Chicago Cubs this season before being claimed on waivers by Cincinnati on June 5.

**Donn Roach** GETTY IMAGES

In 22 triple-A starts this season with Iowa and Louisville, the six-foot, 195-pound pitcher has a 9-6 record with a 3.50 earned-run average.

To make room on the 40-man roster the Blue Jays have transferred outfielder Michael Saunders from the 15-day disabled list to the 60-day DL.

THE CANADIAN PRESS

## PLAYOFF TIX

The Jays will begin selling playoff tickets to season ticket holders on Wednesday, with sales expanding to new season ticket holders, flex-pack holders and eventually the general public over the coming weeks.

Fans who purchased their flex packs before Dec. 5, will be able to buy post-season tickets on Sept. 2, while those who bought flex packs after Dec. 5 will have to wait until Sept. 4 for their playoff tickets.

6ix pack holders will be allowed to buy post-season tickets on Sept. 8, with the sale expanding to new 2016 season-ticket holders on Sept. 10.

## $50-$425

**A single ticket in the upper deck will cost a minimum of $50 for the wild card play-in game or the American League Division Series, while a single seat for those games directly behind home plate will go for $425. Those prices climb for the AL Championship Series and the World Series, with a ticket to the latter costing $160 in the 500s and $1,400 for the best seats in Rogers Centre.**

THE CANADIAN PRESS

NHL

# Flames fired up by Giordano re-signing

The Calgary Flames checked the top task off their summer to-do list by signing captain Mark Giordano to a six-year contract extension.

The 31-year-old defenceman still has a year remaining on his current contract, but Flames general manager Brad Treliving said in May that re-signing Giordano was his "No. 1 priority" this off-season.

The deal announced Tuesday is worth $40.5 million US, at $6.75 million per season.

"Mark has established himself over the last few years as an elite defenceman in the league," Treliving told The Canadian Press.

"We look at it as we got our captain, our leader, our best player under a contract at what we feel is a very competitive number."

**Mark Giordano is now locked into a six-year, $40.5-million extension.** GETTY IMAGES

The length of the contract was key to the negotiations, said Giordano. "Term was the most exciting part for me," the captain said.

THE CANDIAN PRESS

## IN BRIEF

**Ticats legend Mosca's shirt retired as he raises awareness for Alzheimer's**

He epitomized toughness and tenacity during his playing days with the Hamilton Tiger-Cats, but Angelo Mosca wants the retirement of his No. 68 to shed light on who he is now.

The former defensive lineman, 78, was diagnosed with Alzheimer's disease in February. "I'm happy I've made awareness of what's wrong with me," Mosca told reporters Tuesday. He will be only the second player in club history to have his jersey retired.

THE CANADIAN PRESS

**Japan told to speed up 2020 arena by Olympic Committee**

A top International Olympic Committee official urged Japan on Tuesday to speed up the troubled construction of Tokyo's new national stadium for delivery by January 2020, but the Japanese minister in charge of the Games cautioned this may not be possible.

IOC vice-president John Coates told reporters in Tokyo that he asked Japan's senior Olympic officials to meet the deadline in order to run a series of tests before the Games open in August 2020. THE ASSOCIATED PRESS

# Theisen-Eaton finds no silver lining in second

WORLD CHAMPIONSHIPS

## Our heptathlon heroine and world No. 1 only wanted gold

**Jessica Ennis-Hill, second from left, is congratulated by Canada's Brianne Theisen-Eaton after winning the women's heptathlon.** CAMERON SPENCER/GETTY IMAGES

Canadian decathlon star Damian Warner compares track and field's multi-events to golf — when you hit a bad shot, shrug it off and move on.

Brianne Theisen-Eaton says it's not that easy.

The 26-year-old from Humboldt, Sask., won her second consecutive world silver medal in the heptathlon on the opening weekend of the world championships. But after what amounted to a triple bogey in high jump derailed her confidence, it felt more like she'd let gold slip away.

"Imagine if it was the biggest golf tournament you'd ever played in," she said. "How do you put it out of your mind? It's just so hard. Like: 'It doesn't matter. It's fine.' No it's not fine.

"That's the mental part that I struggle with, telling myself it's fine, get over it. I have to figure that out." She arrived in Beijing ranked No. 1 in the world. She still is — her score from May's Hypo-Meeting in Austria was 139 points better than Jessica Ennis-Hill's winning score here.

> **That's the mental part that I struggle with, telling myself it's fine, get over it. I have to figure that out.**
> Brianne Theisen-Eaton

Theisen-Eaton is putting the performance out of her mind for now, to look ahead to husband Ashton Eaton's decathlon, which starts Friday. The multi-events power couple spent a couple of hours Tuesday morning at Beijing's famous Silk Street market, having two suits custom-made for Ashton.

"He can never find suits to fit him," Theisen-Eaton said, "he can never wear pants without a belt." It's an age-old problem for athletes with tiny waists and muscular thighs.

The couple will head to Japan for a week's holiday, then Theisen-Eaton will turn her attention to the problems that plagued her here, and making sure she learns from them for Rio.

She'd been so solid through the last couple of seasons, her coach Harry Marra calls her the "Consistency Queen." She'd perhaps never felt so much pressure. And she'd never been in the position of having to claw her way back — she was fifth after the high jump.

"I overanalyzed a million things, and nit-picked at everything and that just threw everything off," she said. "Everything unravelled and I couldn't get any sort of rhythm whatsoever. And then everything just made everything worse."

THE CANADIAN PRESS

2024 OLYMPICS

# L.A. plans to trump Toronto for Games

Los Angeles' mayor has outlined how he plans to win the 2024 Summer Olympic Games with a $4.5 billion bid while Mayor John Tory remains quiet on whether Toronto will compete for host city status.

The detailed L.A. plan released Tuesday both sets the stage for a potential Toronto bid and sets the bar for any promises city, provincial and federal leaders may be willing to make.

After working behind-the-scenes to secure support, L.A. Mayor Eric Garcetti's plan includes both a renovated $800 million, 80,000 seat stadium and $1 billion athlete's village.

Meanwhile, Mayor John Tory has been working to answer questions about a potential Toronto bid before deciding whether to sign a letter of interest, due Sept. 15. On Tuesday, the mayor's office said Tory is not yet ready to make that call.

> **We are now in the process of analyzing how the Games (Pan Am & ParaPan) went.**
> Statement from Mayor Tory's office

"Toronto just finished hosting the Pan Am and Parapan Am Games," said a statement from his office. "We are now in the process of analyzing how the Games went and collecting information on the Olympic bid process. TORSTAR NEWS SERVICE

200M SPRINT

# Gatlin takes doping heat in his stride

Usain Bolt returned to the world championships track Tuesday and eased his way through the preliminary round of his favourite race, the 200 metres.

Justin Gatlin also cruised, doing nothing to diminish his role as Bolt's top challenger.

Win or lose, Bolt will leave Beijing still hailed as his sport's fun-loving Superman. The chances of Gatlin getting a champion's send-off: slim to none.

Doesn't bother him one bit.

"Sometimes it has to be fuel," Gatlin told The Associated Press as he left the Bird's Nest in Beijing to cool down at a practice field following a preliminary heat of 20.19 seconds. "If you don't let anything affect you at all, you have nothing to pull off of when you're already running on fumes."

When Gatlin lined up for the 100-metre final Sunday night — a scintillating race he lost to Bolt — he was on the line with three other athletes who had served doping bans: Tyson Gay, Asafa Powell and Mike Rodgers.

Their doping pasts have barely been footnotes to the narrative in the 100. And the other athletes competing despite their doping histories have essentially gotten a free pass, as well, even as track and field has been hit with multiple reports alleging drug-related cheating among athletes in almost every corner of the sport.

Gatlin? He takes all the heat.

There has been vigorous debate over whether a convicted doper should be able to compete again. Gatlin has been snubbed by some meets since his return from his second doping conviction in 2010. But there is no keeping him out of major events, or the Olympics.

THE ASSOCIATED PRESS

## RODNEY FLYING FLAG FOR CANADA

Brendon Rodney, a 23-year-old from Brampton, Ont., advanced to the semifinal of the men's 200 metres.

Rodney ran a personal-best 20.18 seconds to finish third in his heat, automatically moving on to Wednesday's semis that will be without Canada's 20-year-old sprint sensation Andre De Grasse, who is sitting out after a busy season.

THE CANADIAN PRESS

**Justin Gatlin is cruising through the 200m sprint prelims.** IAN WALTON/GETTY IMAGES

**UEFA CHAMPIONS LEAGUE CELTIC CEDE TO SWEDES** Malmo's Markus Rosenberg heads the opening goal past Glasgow Celtic goalkeeper Craig Gordon at Malmo New Stadium in Sweden on Tuesday. Malmo surprised Celtic with a 2-0 win to overturn a 3-2 first-leg loss in Scotland. ANDREAS HILLERGREN/TT VIA THE ASSOCIATED PRESS

## IN BRIEF

**Balotelli back at AC Milan**

Cast aside by Liverpool after a miserable year, Mario Balotelli is returning to AC Milan knowing he has much to prove.

Liverpool is sending Balotelli on loan to Milan after seeing the striker score only one Premier League goal in the year since he joined from the Italian club for 16 million pounds (then $27 million US).

**Mario Balotelli**
GETTY IMAGES

**QB Vick joins Steelers**

Michael Vick needed a job. The Pittsburgh Steelers needed a backup QB. One solid workout solved both problems. The Steelers signed the four-time Pro Bowler to a one-year deal on Tuesday night. THE ASSOCIATED PRESS

# Jackson dead set on Bills ending drought

NFL

## Buffalo RB has playoffs-or-bust mentality

The high expectations running back Fred Jackson and the Bills had upon arriving at training camp a month ago haven't lessened as the team prepares to head home.

"Oh man, this is by far the best team I've been a part of," Jackson said Tuesday, after putting a close to his ninth Bills camp in suburban Rochester.

Playoffs or bust?

**Fred Jackson**
GETTY IMAGES

"Without a doubt," he said. "I think we've got the tools to do it. Our front office has done tremendous things to put us in a situation to win games and end this drought."

The drought is the 15 straight seasons that the Bills have missed the playoffs. It's the NFL's longest active stretch.

Jackson is buoyed by changes and additions made since coach Rex Ryan took over in January. The Bills have restocked their offence with running back LeSean McCoy, tight end Charles Clay and receiver Percy Harvin, while keeping most of their attacking defence intact.

"It's on us to go out and get it done," Jackson said.

Injuries have become an issue. Before Jackson returned to practice last weekend, the Bills' top five running backs — including McCoy (strained left hamstring) — were out. Their top three receivers, Sammy Watkins, Robert Woods and Harvin, are also nursing injuries. THE ASSOCIATED PRESS

## QB UNCERTAINTY

**EJ Manuel**
GETTY IMAGES

Bills head coach Rex Ryan still hasn't settled on a starting quarterback, with Tyrod Taylor and EJ Manuel still in the mix for the job.

"We said it was going to be a while. We weren't going to rush into making that decision," Ryan said. "We're still in that process."

Cassel started and played two series in a 25-24 pre-season-opening loss to Carolina. Taylor then played the first half and Manuel the second in an 11-10 win at Cleveland.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# RECIPE Mushroom, Spinach and Asian Chicken Salad

EAT LIGHT AT HOME

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Filling enough to be a main course meal! Serves 4.

**Ready in**
Prep time: 10 minutes
Cook time: 12 minutes

**Ingredients**
- 4 oz boneless skinless chicken breasts, diced
- 1 Tbsp cornstarch
- 2 tsp vegetable oil
- 6 cups sliced mushrooms (any variety)
- 8 cups baby spinach

Dressing
- 2 Tbsp low-sodium soy sauce
- 1 1/2 Tbsp rice vinegar
- 1 Tbsp sesame oil
- 2 tsp honey
- 1 tsp crushed garlic
- 1/2 tsp minced ginger

Garnish
- 2 tsp toasted sesame seeds

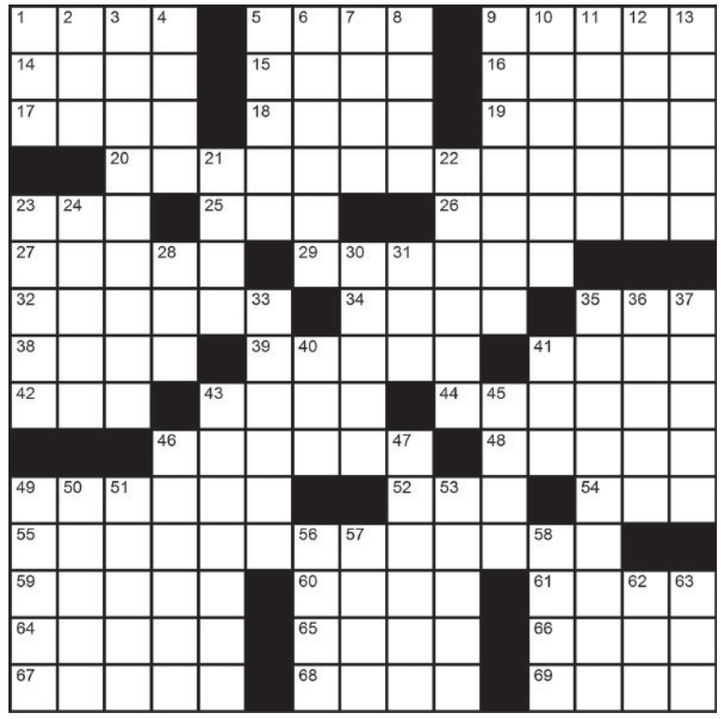
**Directions**
**1.** Dust chicken cubes with cornstarch. In a medium hot skillet, add oil and sauté for about four minutes or just until chicken is cooked right through. Set aside.
**2.** Wipe out skillet and spray with vegetable oil. Sauté mushrooms on medium heat until all the moisture has been absorbed.
**3.** Dressing: In a small bowl, combine all ingredients.
**4.** Place spinach on a serving platter and add mushrooms and chicken. Pour dressing over top, mix gently and garnish with sesame seeds.

**Nutrition per serving**
- Calories 111
- Protein 10.5 g
- Carbohydrates 10 g
- Fibre 2 g
- Total fat 4 g
- Saturated fat 0 g
- Cholesterol 16 mg
- Sodium 288 mg

PHOTO: ROSE REISMAN

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Rocker/actor Mr. Springfield
5. Kitchen amt.
9. Ms. Winfrey
14. Agenda
15. Back
16. New Orleans-set HBO series of 2010 to 2013
17. Same: French
18. Inactive
19. Gradually diminish
20. Famous _ _ (World renowned black light puppetry company founded in Toronto in 1974)
23. Barely get by
25. Potpie morsel
26. Q. "Dylan Thomas, was he _ __ poet?" A. "Indeed."
27. Major artery
29. Abundant
32. Judge props
34. Pull in wages
35. "Survivor" network
38. Panache
39. Swap stock
41. Earth goddess of yore, variantly
42. Operated
43. Rupture
44. Timber decay: 2 wds.
46. Voice box
48. Beerless beer bottle
49. Sacred structure
52. Charlotte of "Diff'rent Strokes"
54. Listener
55. Margaret Atwood's nickname: 3 wds.
59. "The Man from _.-._.-._." (2015)
60. Potato chip brand
61. Tuner
64. Donald Sutherland's profession
65. Sheltered, nautically
66. Jealousy
67. Red Sea sailing vessels
68. Caesar's 1450
69. Pulitzer-winning writer James

**DOWN**
1. Circling stat.
2. 'Duct' suffix (Malleable)
3. Vacationer's home-on-wheels
4. Sports pad spot
5. Hogwash
6. James Blunt album: 'Back to _'
7. Pelletier's skating partner
8. Briefly get ready
9. Denizen of one of Canada's biggest cities
10. Spoke to God
11. Force back
12. Continental neighbours of Canadians, briefly
13. Famed journalist Seymour
21. Iridescent gem
22. In a den, as an animal
23. Gung-ho
24. Eucalyptus muncher
28. Coffee break time
30. Pine
31. "Way cool!"
33. "Connected" by _ MC's
35. Hardwood alternative
36. Region's plant and animal life
37. Ancient companion for Dionysus
40. Light beam
41. Class to be last-picked in :(
43. Family members on "Full House"
45. Movie projector attachment
46. Be inconspicuous: 2 wds.
47. Got imagery of the skeleton
49. Team
50. Intuition
51. Verso's pal amongst the pages
53. American nature photographer Mr. Adams
56. Flim-_ (Swindle)
57. Math class [abbr.]
58. Approximation
62. "5th _. Girl" (1939)
63. Caustic solution

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
Good news will come your way today but maybe it would be smart not to read into it. In life you get nothing for free, not even from people who are generous by nature, so be careful.

**Taurus** April 21 - May 21
There may be no such thing as a perfect day but today will come close. Personally, professionally, romantically and financially you are on a roll — keep it going.

**Gemini** May 22 - June 21
If you want something enough you will find a way to get it, even if certain people don't want you to have it. Today will remind you that some of the best things in life don't have to be worked too hard for.

**Cancer** June 22 - July 23
You need to decide whether to forgive someone who has let you down badly. They say a leopard can't change its spots, so err on the side of caution and don't let them hurt you again.

**Leo** July 24 - Aug. 23
You will find it remarkably easy to charm your way to success today and maybe make a fortune in the process. But don't make claims now that you may find hard to live up to.

**Virgo** Aug. 24 - Sept. 23
With Jupiter so strong in your sign you are not going to sit at home watching the TV or reading a book. You want excitement and you will go anywhere and do anything to get it.

**Libra** Sept. 24 - Oct. 23
Something you were hoping would remain a secret will be brought into the open today but it won't be as embarrassing as you feared it would be. In fact, no one cares in the slightest.

**Scorpio** Oct. 24 - Nov. 22
Your generosity will make you friends today but it could also get you into trouble, especially if you are too trusting of people you don't know well. What happened to that overly suspicious Scorpio?

**Sagittarius** Nov. 23 - Dec. 21
You are worrying about issues that are not worth the effort. Today's Sun-Jupiter link promises that whatever you do things will work out well, so quit fretting and enjoy.

**Capricorn** Dec. 22 - Jan. 20
You cannot go wrong today. You will have the world eating out of your hand. You don't even need to be wary of people in positions of authority — they love you too!

**Aquarius** Jan. 21 - Feb. 19
Do you spend more quality time with family and friends or do you focus on making a name for yourself on the work front? Only you can decide but don't think it has to be one or the other.

**Pisces** Feb. 20 - March 20
Try not to take affairs of the heart oo seriously today. A new relationship may be making your heart beat faster but it may just be a short-term fling, so don't get too attached.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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